A MINUTE OF HEALTH WITH CDC

In Everything Moderation

Binge Drinking Among Women and High School Girls – United States, 2011 Recorded: January 22, 2013; posted: January 24, 2013

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

For many people, drinking alcohol is a regular part of social occasions, but moderation is important. Binge drinking is defined as having four or more drinks on an occasion for women or five or more for men.

A recent report highlighted binge drinking among women and girls; one in eight women and one in five high school girls binge drink. This dangerous behavior puts them at increased risk for injuries, violence, unintended pregnancy, sexually transmitted diseases, heart disease, and breast cancer.

If you choose to drink, do so in moderation – up to one drink a day for women or two for men.

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